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CURRENT SERIAL RECORD

Demonstrations Featuring Donated Foods  
in Family Meals



C&MS-9  
(Formerly AMS-463)

Slightly Revised  
April 1965

# DEMONSTRATIONS FEATURING DONATED FOODS IN FAMILY MEALS

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Earlier editions of this publication were issued by the Agricultural Marketing Service as AMS-463. The name of the agency was changed to Consumer and Marketing Service, effective February 8, 1965.

The recipes in this publication were developed and tested by the Human Nutrition Research Division, Agricultural Research Service of the U. S. Department of Agriculture.



## A detailed black and white line drawing of a still life arrangement featuring various food items. In the center is a roasted bird on a platter. To its left is a large fish. Surrounding these are numerous fruits including apples, grapes, bananas, and oranges. There are also cheeses, bread, a jar of jam, a bowl of soup, a bowl of salad, and a glass of milk.

## DEMONSTRATIONS FEATURING DONATED FOODS

The foods available from the United States Department of Agriculture for distribution to needy families are high quality foods purchased according to government specifications. They can make an appreciable contribution to the diet of these families as they are important sources of calories, protein, calcium, iron and the B-vitamins. How great a contribution the donated foods make depends on how well they are used. Most families need help to get the best nutritional returns from them. This is particularly true for foods that are unfamiliar, such as dried eggs and nonfat dry milk. Needy families also need information on what other foods to purchase to round out their meals nutritionally. Homemakers will welcome ideas on how to feed their families well at low cost by combining donated foods with plentiful foods. The Family Food Guide (page 1) may be used as a basis for food selection in meal planning.

### Helping Families to Help Themselves

A demonstration is one of the best ways of teaching homemakers to make good use of the donated foods--whether they are unfamiliar or old favorites. In every instance, the foods should fit into meal plans suited to local customs.

A series of demonstrations, such as those outlined in this booklet, is an effective way to help families improve their diets by combining donated foods with a wise selection of foods that are plentiful locally. Each demonstration should accomplish a specific objective. For instance, in a demonstration on basic baking mixes, you can show homemakers how they can provide better meals at low cost by doing their own baking.

Discussion can bring out information on nutritive value, selection, purchasing and storage of food. The demonstration must be planned and organized so that the audience will leave with definite ideas on what to do and a desire to take individual action at home. Time must be planned to permit answering questions.

Equipment used in demonstrations should be simple, inexpensive and similar to that used by families in the locality. Emphasize how the housewife may utilize the equipment she has. If facilities do not permit cooking of food during a demonstration, dishes may be cooked in advance if they will appear appetizing after a holding period. All other preparations, however, should be demonstrated to the audience.

In every demonstration, meal planning and food purchasing information should be adapted to the local situation, to low-cost seasonal foods and to food customs. Search for imaginative ways to present new ideas--a few at a time.

There is a great deal of information available on nutrition, low-cost meal planning and food selection. Basic information may be obtained from State Extension Services, the U. S. Department of Agriculture, the U. S. Public Health Service and State and local welfare agencies. Commercial materials may also be used if they are suitable for the purpose.



Materials that are distributed at a demonstration should particularly apply to the subject covered. In many instances, adaptations of government or commercial materials can be made to suit the situation. Use simple, concise sentences in preparing take-home materials.

Posters, charts, pictures, filmstrips, slide films and short movies may be used as illustrative materials. They should be clearly tied to the subject at hand and not be just entertainment. If they are not used properly, visuals can detract from the main points of the demonstration. The right combination of talking and showing is more effective than either one alone.

The best type of visual is real food, raw or prepared. When it isn't possible to have all the kinds of food needed, such as a variety of vegetables or fruit, food models or pictures can be used. The flannelgraph is useful in this situation.

An exhibit can be used to supplement a demonstration. It can be set up in the demonstration room or in the adjoining hallway. Food which deteriorates rapidly should not be exhibited unless it can be replaced as necessary. Exhibits must be planned to attract viewers and to tell a story that is easily understood, particularly if there is no one at hand to answer questions. A supervised exhibit can be particularly effective.

#### USDA Aids Available to Demonstrators

The U.S. Department of Agriculture has developed recipes and other aids for use by demonstrators:

"Family Meals at Low Cost," PA-472. This publication contains recipes using USDA-donated foods, as well as information on menu planning, food buying and food storage. It is available through the State Food Distributing Agency in sufficient quantity to provide one for each family in the program.

"Suggested Demonstrations Using Dried Whole Eggs in Family Meals," AMS-313, deals with dried eggs specifically but will be helpful in planning any demonstration.

Photo Series No. 53, "Cooking with Dried Eggs," and Photo Series No. 54, "Nonfat Dry Milk for Needy Families." Each of these leaflets contains pictures which may be helpful to demonstrators and will also give some idea as to the content of the slides mentioned below. The State Food Distributing Agency has copies of this leaflet available for professional use.

Colored slides and filmstrips are available for loan on a request basis from State Commodity Directors. The series, also available for purchase from Photo Lab Inc., 3825 Georgia Avenue, N.W., Washington, D.C. 20011, as mounted slides, or single or double frame filmstrips with lecture notes, includes:

Non-Fat Dry Milk in Family Meals, C-78. 23 frames: filmstrip, \$5.00. Mounted slide set, \$6.15.



Dry Eggs in Family Meals, C-79. 30 frames: filmstrip, \$5.00.

Mounted slide set, \$6.50.

Main Dishes in Family Meals, C-81. 22 frames: filmstrip, \$5.00. Mounted slide set, \$6.50.

The Plentiful Foods List which the U. S. Department of Agriculture issues monthly is a valuable aid in helping homemakers pick out local food buys for their families. Foods listed are commonly used items which are sold in most stores, and at time of listing are in large supply in most areas throughout the country. The list, however, is often adjusted to reflect regional differences in food supplies. It is distributed to the grocery trade which uses it as a merchandising guide and to the food service industry for which it serves as a buying guide. Information concerning "plentifuls" also is sent by USDA information offices to newspapers, television and radio stations, and other groups serving consumers.

#### How to Get Food for Demonstrations

The agency which sponsors a demonstration should request the needed quantities of donated foods from the State Commodity Director. Plans for the demonstration, including recipes, should accompany the request. The sponsoring agency provides the other foods needed for the demonstration. In some instances, a local merchant will supply these foods free of charge or a voluntary agency such as a service club will assume the financial responsibility.

#### Who Gives the Demonstration

The person who demonstrates the use of the donated foods should be familiar with and enthusiastic about these foods. Unless she can turn out good products by following the USDA recipes or by using the foods in local recipes, she will discourage, rather than promote, the use of donated foods. It goes without saying that no one should attempt to demonstrate a method of preparation or a recipe without trying it beforehand.

There are many organizations in every state, county and city who have staff members qualified to give food demonstrations.

State and county extension service: Home demonstration agents, consumer education specialists, home economists and nutritionists give demonstrations to recipients and 4-H Club members, and to train lay leaders who in turn demonstrate.

Public health service: Nutritionists with state and local groups give demonstrations to recipients, and to nurses and social workers who visit the homes of these families.

Public and private schools: Home economists teachers and school lunch supervisors and managers demonstrate food preparation in classrooms and in community centers.

Public utility and food companies: Home economists of various commercial firms offer their services for food demonstrations in their own auditoriums and in community centers.



Sometimes local homemakers who are good cooks and have had experience in working with community groups make good demonstrators. Those who have had little or no experience in demonstration work can get help from home economists in the State and local agencies mentioned above.

### Where to Give Demonstrations

The food demonstration should be given at a place where people receiving donated foods are most likely to come.

Food distribution centers: Simple demonstrations and talks on reconstitution and storage of nonfat dry milk and dried eggs may be given while people are waiting for commodities. Slide films, film strips or movies on food preparation may be shown.

Public utility company auditoriums: Their cooking schools are open to the public. The donated foods can be incorporated into demonstrations built around use of equipment recommended by the company. The effectiveness is increased if adaptations are suggested for people who can't afford the equipment. However, since most families cook with either gas or electricity, almost everyone can get tips on how to use the equipment more efficiently.

Housing developments: Complete demonstrations may be given in the homes of tenants and in the recreation centers. In this way, neighbors who get together informally for a social occasion can learn new ways to cook.

Settlement houses, grange halls, community centers, school auditoriums and church halls: Food demonstrations are given to organized groups such as clubs, PTA groups and church circles. These meetings may be somewhat more formal than at the housing developments, nonetheless, they too offer the advantage of working with a well-acquainted group having a common interest.

High school home economics classes, Future Homemakers and 4-H Clubs: In areas where many of the teenage girls come from families who receive the donated foods, demonstrations can center around these commodities. Sometimes it is easier to reach families through girls of this age than through the homemaker who may be less apt to attend a group meeting.

Mobile units: A station wagon or light truck can be equipped with a few kitchen utensils and used to show how to reconstitute and store dry milk and dried eggs. Foods prepared in advance can be exhibited and recipe materials distributed. A blackboard and posters can help tell the story to persons who gather around the unit.

## Announcing the Demonstration

Getting people to come to a demonstration takes planning and publicity. There are various ways to reach people, but it is sometimes difficult to attract those who would benefit the most. The place of the demonstration is an important factor.

When the food distribution center is used for demonstrations, announcements should urge the homemakers to come. The social caseworkers can send them invitations or invite them personally. The visiting nurses, too, can help a great deal in getting women to come to demonstrations.

Organized groups such as women's clubs, home demonstration clubs and church circles sometimes join together to invite their members to a community demonstration. Newspaper and radio announcements, posters in stores, notes sent to mothers through school children, and notices with public utility bills are other ways of telling people about public demonstrations and cooking schools. To encourage good attendance, door prizes such as food or utensils might be offered by merchants. Good local newspaper publicity afterwards helps to get people to future demonstrations.



## HOW TO GIVE A DEMONSTRATION

### Getting yourself ready

1. Keep your audience in mind when you choose the foods and equipment to be used in your demonstration. In general, use inexpensive foods and simple equipment. Then you can be quite sure that your audience will be able to obtain the foods you use and will have in their homes the equipment necessary to follow your suggestions.
2. Practice will develop skill in the techniques you demonstrate so that you will be at ease before the group.
3. Know the "why" of what you do, so you can talk with confidence and make necessary explanations.
4. Have a reserve of information to take care of the pauses and to answer questions.
5. Know how long it takes for each step in the demonstration, then practice so you can keep within your time.

### Organizing the work

1. Look over, in advance, the place where you are to give the demonstration. Know how to operate the stove. Check water supply. Check lighting. Be sure there is adequate seating for the group.
2. To help "get your message across" and to emphasize certain points, prepare visual materials. Provide a blackboard or posters and charts for recipes and other information. Be sure lettering is large enough to be read from all parts of the room.
2. Mimeograph recipe leaflets to give the group when the demonstration is finished.
4. Make arrangements for a display table and necessary display dishes.
5. Make sure that all food and small equipment are at the place of demonstration at the proper time. A work table near the demonstration table, pot-holders, a clean dish cloth and dish towels are necessities.
6. Clean and pare all vegetables to be used and measure all ingredients unless some paring and measuring of ingredients is to be done during the demonstration to show proper technique and necessity of accurate measurement.
7. Prepare garnishes.
8. Cook foods that cannot be prepared during the demonstration.
9. Plan for tasting by the audience.

### Giving the demonstration

1. Be neat. Dress in a washable house dress or professional uniform. Wear a hairnet. Use make-up and nail polish with discretion. Small, well-secured earrings, a watch and ring are acceptable.
2. Introduce yourself to the group and tell them what you are going to prepare. Read the recipe aloud.
3. Pitch voice low. Speak clearly and slowly. Use notes. Don't attempt to memorize the recipe.
4. Work in full view of the audience. Make sure that no high object on the table prevents the group from seeing what you are doing.
5. Explain each step, including a review of preparations before the demonstration.
6. Use methods that show short cuts and sound cooking principles with special reference to conserving food values.
7. Display the food as it would look best on the family table. Use simple garnish if needed.
8. Summarize main points of the demonstration.
9. Serve samples to the group.
10. Ask for questions and discussion.



## DEMONSTRATION ON NONFAT DRY MILK

Nonfat dry milk is a wholesome dairy product made from fresh milk. Only the water and cream have been removed. It has the calcium and other minerals, B-vitamins, natural sugar and high-quality protein that make liquid skim milk such a valuable food. As a beverage and in cooking, it makes a valuable contribution to family meals.

Foods to be prepared: Skim milk, Pudding mix, Pudding, Whipped topping, Cream of potato soup.

Work to be done in advance: See page 7, "Organizing the Work"; cook and mash potatoes for soup.

### List of Supplies Needed

<u>Food</u>	<u>Equipment</u>
4 cups (1 lb.) nonfat dry milk, USDA-donated	1 set dry measure cups
1-1/2 cups (6 oz.) flour, USDA-donated	1 liquid measure cup
3 tablespoons butter, USDA-donated	1 set measuring spoons
1 tablespoon salt	1 rotary beater
1-3/4 cup sugar	1 double boiler with cover
1 egg	2 wooden spoons
3/4 teaspoon vanilla	2 large glass jars with covers
2 tablespoons lemon juice	1 4-quart saucepan with cover
2-1/2 cups cubed potatoes	1 potato masher or sieve
2 tablespoons chopped onion	6 mixing bowls
2 quarts water	Range or hot plate

### Suggested Procedure

1. Make opening statement about nonfat dry milk, its value and use in meals.
2. Reconstitute nonfat dry milk to liquid skim milk. Discuss its use in beverages, such as cocoa or buttermilk.
3. Prepare pudding mix. Discuss variations of the mix.
4. Make one recipe of pudding from the mix. Put aside to cool.
5. Prepare cream of potato soup.
6. Discuss uses of dry milk in everyday cooking to enrich foods.
7. Using Family Food Guide (page 1), plan some meals using foods prepared in demonstration and locally plentiful foods.
8. Figure the costs of these meals on blackboard or list on a poster.
9. Whip nonfat dry milk for topping on pudding.
10. Serve samples of soup, milk and pudding.
11. Give group the recipes to take home.

### Directions for reconstituting nonfat dry milk

Sprinkle dry milk on top of lukewarm water. Beat well with a rotary beater or wire whip. Or shake the water and dry milk together in a tightly closed jar.

#### For

#### Use

1 quart milk.....	1 cup nonfat dry milk, 1 quart water
1 pint milk.....	1/2 cup nonfat dry milk, 1 pint water
1 cup milk.....	1/4 cup nonfat dry milk, 1 cup water
1/2 cup milk.....	2 tablespoons nonfat dry milk, 1/2 cup water
1/4 cup milk.....	1 tablespoon nonfat dry milk, 1/4 cup water

### Directions for using nonfat dry milk

1. Use in fluid form as you would ordinarily use fresh milk--in white sauce, cream soups, beverages, etc.
2. Use dry in quick breads, cakes, homemade mixes, etc. in place of fresh milk. Mix dry milk solids with other dry ingredients...1/4 cup or more of dry milk for each cup of fresh milk required by the recipe. Then add water or juice.
3. Use dry milk to increase the nutritive value of products not ordinarily containing milk or of products already containing fresh milk. For example:  
Cooked Cereals                      Add 1/4 cup dry milk to each cup of cereal before cooking.

#### Meat Loaf, Hamburgers

Use 1/4 to 1/2 cup dry milk per pound ground meat.

#### Mashed Potatoes

Mash, then add 1/4 cup dry milk to each cup of potatoes. Use either the water in which potatoes were cooked or fresh milk to give right consistency.

#### Custards, Puddings, Beverages, etc.

Use 1/4 to 1/3 cup dry milk with 1 cup of water for each cup of milk called for in the recipe, or add 2 to 4 tablespoons to each cup of fresh milk.

### To make buttermilk, measure:

1 quart warm water  
1 cup nonfat dry milk

1/2 cup buttermilk

Reconstitute nonfat dry milk with warm water as directed above. Do not chill. Stir in 1/2 cup commercial buttermilk. Cover. Let stand at room temperature 10 - 12 hours. Stir until smooth. Keep covered container in refrigerator or other cool place.



## LIQUID MILK FROM NONFAT DRY MILK



N-39859--In making liquid skim milk mix 1 part dry milk, 4 parts water.



N -39860--Use beater to combine dry milk and water. Beat until blended.



N-39861--Or you can reconstitute the milk by shaking with water in a jar.



N-39864--Milk and oatmeal cookies make a nutritious and inviting snack.

## VANILLA PUDDING MIX

1-1/2 cups sugar  
2-1/2 cups nonfat dry milk

1-1/4 cups flour  
1 teaspoon salt

To prepare mix: Stir the ingredients together until well mixed. Store in tightly covered container in a cool place. One recipe makes enough mix for 24 servings.

### Variations:

1. Chocolate Pudding Mix: add 3/4 cup cocoa to other ingredients before stirring.
2. Caramel Pudding Mix: substitute 1-1/2 cups brown sugar, packed, for granulated sugar.

To make pudding from mix:

1-1/4 cups vanilla, chocolate or  
caramel pudding mix  
2-1/2 cups warm water

1 tablespoon butter or margarine  
1 shell egg, beaten  
3/4 teaspoon vanilla

Combine the mix with the water in top of double boiler. Place over boiling water and cook until thickened, stirring constantly. Cover and cook 10 minutes longer. Add the fat. Remove from heat and beat half of the hot mixture into the egg. Blend slowly into the remaining hot mixture. Cook over hot water one minute longer. Remove from heat and stir in the vanilla. Makes 6 servings.

## WHIPPED TOPPING

1/2 cup cold water  
1/2 cup nonfat dry milk

2 tablespoons lemon juice  
2 to 4 tablespoons sugar

Sprinkle dry milk on water. Beat until stiff enough to stand in soft peaks. Add lemon juice. Continue beating until stiff. Beat in sugar.

## WHITE SAUCE MIX

1 cup all-purpose flour  
2 teaspoons salt

2 cups nonfat dry milk  
1 cup butter or margarine

Stir flour, salt and dry milk together until well mixed. Cut in fat until mixture is granular. Store in tightly covered container in the refrigerator not more than 6 weeks. Makes 1 quart mix.

To make medium white sauce from mix:

1/2 cup white sauce mix

1 cup water

Add the mix to the water. Cook over low heat, stirring constantly until thickened. Cook 5 minutes longer, stirring occasionally. Makes approximately 1 cup.



## CREAM OF POTATO SOUP

2-1/2 cups cubed potatoes  
2 tablespoons chopped onion  
Boiling water to cover  
1-1/2 to 2 teaspoons salt  
4 cups liquid (cooking liquid from  
vegetables plus water)

1 cup nonfat dry milk  
2 tablespoons flour  
2 tablespoons butter or  
margarine

Cover potatoes and onion with boiling water. Add salt, cover and cook until tender. Drain potatoes and save cooking liquid. Mash potatoes or put through a sieve. Measure cooking liquid and add enough water to make 4 cups. Mix dry milk and flour, add to cooking liquid and beat until smooth. Add butter or margarine and milk mixture gradually to mashed or sieved potatoes. Cook over very low heat, stirring occasionally until slightly thickened, about 15 minutes. Makes 6 servings, approximately 3/4 cup each.



N-39866--Hearty, nutritious, satisfying cream of potato soup sporting a garnish of chopped parsley.

## TOMATO-PEANUT BUTTER SOUP

2 tablespoons butter or margarine  
2 tablespoons flour  
3 cups milk or 3/4 cup nonfat dry  
milk and 3 cups water

1 teaspoon finely chopped  
onion  
1-1/2 teaspoons salt  
1/2 cup peanut butter  
1 No. 2 can tomatoes

Melt butter or margarine and add flour, stirring until smooth. Add milk and cook, stirring constantly, over low heat until slightly thickened. Add onion and salt and blend part of hot mixture with peanut butter; combine with the rest of the hot mixture. Put tomatoes through a sieve. Heat sieved tomatoes just below boiling. Add tomatoes slowly to milk and peanut butter mixture, stirring constantly until blended. Makes 6 servings, approximately 3/4 cup each.

## DEMONSTRATION ON QUICK BREAD MIXES

Mixes made at home improve family meals and lower food costs. Donated foods are the main ingredients. The mixes may be made in advance and stored in covered containers in a cool, dry place. Delicious quick breads, cookies and pancakes may be made with a few additions to the basic mixes.

Foods to be prepared: Rolled wheat mix, Banana wheat bread, Peanut butter-wheat cookies, Cornmeal mix, Cornmeal biscuits, Cornbread, Cornmeal muffins.

Work to be done in advance: See page 7, "Organizing the Work"; prepare rolled wheat mix, banana wheat bread, peanut butter-wheat cookies for display.

### List of Supplies Needed

<u>Food</u>	<u>Equipment</u>
8 cups (2 lbs.) all-purpose flour, USDA-donated	1 set dry measure cups
3 cups (12 Oz.) nonfat dry milk, USDA-donated	1 liquid measure cup
3 cups (1-1/2 lbs.) lard, USDA-donated	1 set measuring spoons
4 cups (3/4 lb.) rolled wheat or oats, USDA-donated	2 knives or pastry blender
4 cups (1-1/4 lbs.) cornmeal, USDA-donated	(1 sifter or seive if using dried egg)
3/4 cup (2-1/2 oz.) dried egg, USDA-donated	8 mixing bowls
1/3 cup peanut butter, USDA-donated	6 stirring spoons
3 or 4 bananas	1 fork
1-1/2 cups sugar	2 glass jars with covers
1/2 cup baking powder	1 muffin pan (8 cups)
2 tablespoons salt	1 muffin pan (12 cups)
1 teaspoon cinnamon	1 5 x 9-inch loaf pan
5 eggs	2 baking sheets
2-3/4 cup water	1 8-inch square baking pan
1 teaspoon vanilla	1 rotary beater or fork oven

### Suggested Procedure

1. Make opening statement on value and use of mixes.
2. Prepare cornmeal mix.
3. Make cornmeal biscuits from mix.
4. Make cornbread from mix.
5. Make cornmeal muffins from mix.
6. While products are baking, figure the costs of home-prepared mixes and home-baked products on blackboard or list on a poster. Compare with costs of commercially-prepared mixes and baked goods.
7. Point out that rolled oats can be substituted for wheat in the rolled wheat mix.
8. Allow group to taste products made previously from rolled wheat mix.
9. Discuss recipe for biscuit mix and products to be made from it.
10. Using the Family Food Guide (page 1), plan some low-cost meals with donated foods and plentiful foods.
11. When cornmeal products come from the oven, serve samples to the group.
12. Give group complete set of recipes to take home.



## CORNMEAL MUFFINS FROM A MIX



N-39883--A cornmeal baking mix combines several donated foods.



N-39869--For basic mix combine dry ingredients with shortening.



N-39870--For muffins, combine eggs and water with basic mix.



N-39871--Spoon batter into muffin pans, filling cups 2/3 full.



N-39873--From one basic cornmeal mix you can make piping hot biscuits or golden muffins.

## Quick Breads

### ROLLED WHEAT MIX 1/

4 cups flour	1/4 cup baking powder
4 cups rolled wheat, quick-cooking	1 tablespoon salt
1-1/2 cups nonfat dry milk	1-1/2 cups lard or other shortening

Stir dry ingredients together until well mixed. Cut in the shortening until well blended. Place in a glass jar or tin can. Keep tightly closed in a cool place. Use the mix within a month. Makes about 10 cups.

### Recipes using rolled wheat mix:

#### BANANA WHEAT BREAD

3 cups rolled wheat mix	1 egg, beaten (or 2-1/2 table-
2/3 cup sugar	spoons sifted dried egg mixed
1 cup mashed bananas	with 2-1/2 tablespoons water)

Combine all ingredients; stir just enough to moisten dry ingredients. Place mixture in a 5 x 9-inch loaf pan. Bake at 350°F. (moderate oven) 50 to 60 minutes. Makes 1 loaf.

#### PEANUT BUTTER-WHEAT COOKIES

2-1/2 cups rolled wheat mix	1/3 cup peanut butter
3/4 cup sugar	1 teaspoon vanilla
1 teaspoon cinnamon	1 egg, beaten (or 2-1/2 table-
1/4 cup water	spoons sifted dried egg mixed
	with 2-1/2 tablespoons water

Combine all ingredients and mix well. Drop the dough by teaspoonfuls, or shape into a ball, on a greased baking sheet; press lightly with a fork to flatten. Bake at 375°F. (moderate oven) 12 to 15 minutes. Makes about 24 cookies. This is a crisp cookie; if a soft cookie is preferred, store cookies in a tightly covered container.

#### ROLLED WHEAT MUFFINS

2-1/4 cups rolled wheat mix	1 egg, beaten (or 2-1/2 table-
2/3 cup water	spoon sifted dried egg mixed
1/4 cup raisins, if desired	with 2-1/2 tablespoons water)

Grease 12 medium-sized muffin cups. Combine all ingredients; stir just enough to moisten dry ingredients. Fill muffin cups 2/3 full. Bake at 425°F. (hot oven) about 20 minutes. Makes 12 muffins.

1/ Quick-cooking rolled oats may be substituted for rolled wheat in any or all of the recipes on this page.



## Quick Breads

### CORNMEAL MIX

4 cups flour  
4 cups cornmeal  
1-1/2 cups nonfat dry milk

1/4 cup baking powder  
1 tablespoon salt  
1-1/2 cups lard or other  
shortening

Stir dry ingredients together until well mixed. Cut in fat until well blended. Place in a glass jar or tin can. Keep tightly closed in a cool place. Use the mix within a month. Makes 12 cups.

### Recipes using cornmeal mix:

#### CORNMEAL BISCUITS

2 cups cornmeal mix

About 1/2 cup water

Add water to the dry mix to make a soft dough. Drop by tablespoonfuls onto a greased baking sheet. Bake at 425°F. (hot oven) 12 minutes. Makes 12 medium-sized biscuits.

#### CORNBREAD

4-1/2 cups cornmeal mix  
2 eggs, beaten (or 5 tablespoons  
sifted dried egg mixed with 5  
tablespoons water)

1-1/3 cups water

Combine all ingredients; stir just enough to moisten dry ingredients. Pour into greased pan about 8 inches square. Bake at 425°F. (hot oven) about 25 minutes. Makes 12 servings.

#### CORNMEAL MUFFINS

2-1/4 cups cornmeal mix  
1 egg, beaten (or 2-1/2 tablespoons  
sifted dried egg mixed with 2-1/2  
tablespoons water)

2/3 cup water

Grease 8 medium-sized muffin cups. Combine all ingredients; stir just enough to moisten dry ingredients. Fill muffin cups 2/3 full. Bake at 425°F. (hot oven) about 20 minutes. Makes 8 muffins.

BISCUIT MIX

8 cups all-purpose flour  
1-1/2 cups nonfat dry milk  
1/4 cup baking powder

1 tablespoon salt  
1-1/2 cups lard or other  
shortening

Stir dry ingredients together. Cut in shortening until well blended. Store in a tightly covered container in a cool place. Use within a month. Makes 10 cups.

Recipes using biscuit mix:

BISCUITS

2 cups biscuit mix

1/3 to 1/2 cup water

Add water to the dry mix using enough to make dough that is soft but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll or pat to 3/4-inch thickness. Cut with a biscuit cutter or cut into squares with a knife. Bake at 450°F. (very hot oven) 12 to 15 minutes. Makes 12 2-inch biscuits.

MUFFINS

1 cup biscuit mix  
1/3 cup water

1 egg, beaten (or 2-1/2 table-  
spoons sifted dried egg  
mixed with 2-1/2 table-  
spoons water)

Grease 6 medium-sized muffin cups. Combine all ingredients; stir just enough to moisten dry ingredients. Fill muffin cups two-thirds full. Bake at 425°F. (hot oven) about 20 minutes. Makes 6 medium-sized muffins.

PANCAKES OR GRIDDLECAKES

1 cup biscuit mix  
1/2 cup water

1 shell egg, beaten

Combine all ingredients; stir just enough to moisten dry ingredients. Drop by spoonfuls onto a hot greased griddle. Cook slowly until the surface is covered with bubbles, turn, and cook until second side is well browned. Makes about 6 medium-sized pancakes.



## DEMONSTRATION ON RICE

Rice, like other cereals, is a good source of energy and can fit into most any family meal. White rice contains a small amount of good quality protein and some minerals and vitamins. To supplement the food value in rice it should be served along with meat or other protein-rich foods, vegetables and fruits. Combination dishes made with rice can be particularly good.

Foods to be prepared: Easy rice pudding, Fluffy rice, Spanish rice.

Work to be done in advance: See page 7, "Organizing the Work."

### List of Supplies Needed

<u>Food</u>	<u>Equipment</u>
1-3/4 cups (10 oz.) rice, USDA-donated	1 set dry measure cups
3/4 cup nonfat dry milk, USDA-donated	1 liquid measure cup
1-1/3 tablespoons lard, USDA-donated	1 set measuring spoons
2 cups (1/2 can) chopped meat, USDA-donated	1 mixing bowl
3/4 teaspoon salt	1 rotary beater
1/4 cup raisins	1 sharp knife
1/4 cup and 1 teaspoon sugar	1 can opener
3/4 teaspoon vanilla	3 2-quart saucepans with covers
cinnamon or nutmeg, if desired	3 wooden spoons
1/4 cup chopped onion	range or hot plate
1/4 cup chopped green pepper	
1/4 cup chopped celery	
1 No. 2 can tomatoes	
1-1/4 quarts water	

### Suggested Procedure

1. Make opening statement about rice, its value and use in meals.
2. Prepare easy rice pudding so that it will have time to cool before serving.
3. Cook rice according to short boil method.
4. Discuss other ways of cooking rice.
5. Prepare spanish rice.
6. Using the Family Food Guide (page 1), plan some low-cost meals. Include the rice dishes prepared above and locally plentiful foods.
7. Figure the costs of these meals on blackboard or list on poster.
8. Serve samples of the foods prepared.
9. Give group the recipes to take home.

FLUFFY WHITE RICE  
(Short Boil Method)

1 cup uncooked rice  
1/2 teaspoon salt

2 cups boiling water  
1/2 teaspoon fat or oil

Stir rice into rapidly boiling salted water. Add fat or oil to reduce foaming. Bring back to the boiling point and lower heat until the water is just bubbling. Cover tightly and cook slowly 20 minutes. Remove the pan from direct heat. Do not remove the cover. Let stand 10 to 15 minutes for the rice to finish cooking in its own steam.

EASY RICE PUDDING

1/4 teaspoon salt  
2 cups water  
1/4 cup uncooked rice  
1/4 cup raisins  
3/4 cup nonfat dry milk

1/4 cup sugar  
1 cup water  
3/4 teaspoon vanilla  
cinnamon or nutmeg, if  
desired

Stir rice into rapidly boiling salted water. Bring back to boiling point and lower heat until the water is just bubbling. Add raisins, cover tightly and cook slowly for 20 minutes. Combine dry milk and sugar, stir into one cup water and beat until mixed. Stir milk mixture into rice, add vanilla. Simmer 10 minutes or until flavors are blended. Chill. Sprinkle lightly with cinnamon or nutmeg, if desired. Makes 6 servings, approximately 1/2 cup each.

BAKED RICE AND CHEESE

3 cups cooked rice  
2 cups shredded cheese  
2 tablespoons finely chopped  
green pepper or pimiento  
2 eggs, beaten  
1-1/4 cup milk

1 teaspoon salt  
dash of pepper  
1/2 cup bread cubes or  
coarse crumbs  
1 tablespoon melted butter  
or margarine

Place alternate layers of rice, cheese and green pepper or pimiento in a greased baking dish. Combine beaten eggs, milk, salt and pepper. Pour over rice and cheese mixture. Toss bread cubes in melted butter or margarine and sprinkle over top. Bake at 350° F. (moderate oven) about 45 minutes or until mixture is set and top is lightly browned. Makes 6 servings.





N-40180--Spanish rice made with canned chopped meat, rice, and canned tomatoes, is a satisfying dish.

#### SPANISH RICE (Using Canned Chopped Meat)

1/2 cup uncooked rice	1/4 cup chopped celery
1 tablespoon lard	1 No. 2 can tomatoes
1/4 cup finely chopped onion	1 teaspoon sugar
1/4 cup chopped green pepper	2 cups diced canned chopped meat*

Cook rice in lard until lightly browned. Add onion, green pepper, celery, tomatoes and sugar. Heat to boiling, cover, reduce heat and simmer 25 minutes or until rice is tender. Stir in the meat and cook slowly, stirring occasionally until heated through, about 5 minutes. Makes 6 servings, approximately 2/3 cup each.

\*Each can chopped meat contains about 5 cups diced meat

#### RICE AND VEGETABLES

4 slices bacon	2 tablespoons finely chopped onion
2 cups cooked rice	1 teaspoon salt
1 cup canned or cooked green peas or lima beans	1/8 teaspoon pepper
1 cup canned or cooked diced carrots	

Cook bacon until crisp. Pour off drippings and save. Remove bacon and crumble. Measure back 2 tablespoons drippings into frying pan, add rice, onion, salt and pepper and mix lightly. Add peas and carrots and cook slowly, stirring constantly until heated through, about 5 minutes. Fold in crisp bacon. Serve hot. Makes 6 servings, approximately 2/3 cup each.

## DEMONSTRATION ON CORNMEAL

Cornmeal is a good energy food which can be used in a variety of ways in family meals. It is a satisfying breakfast food served as hot cornmeal mush or fried mush. Cornbread, hot or toasted, with butter and syrup or jelly is a favorite in many regions. Cornmeal may be combined with other foods in a casserole or as a cornbread base for creamed meat or vegetables. Either white or yellow cornmeal may be used with equal success.

Foods to be prepared: Tamale pie, Cornmeal mush, Scrapple.

Work to be done in advance: See page 7, "Organizing the Work"; prepare cornmeal mixture for tamale pie and one recipe each of cornmeal mush and scrapple.

### List of Supplies Needed

<u>Food</u>	<u>Equipment</u>
5-2/3 cups (1-3/4 lbs.) cornmeal, USDA-donated	1 set dry measure cups
6 cups (1-1/2 cans) chopped meat, USDA-donated	1 liquid measure cup
1/4 cup flour, USDA-donated	1 set measuring spoons
6 tablespoons lard, USDA-donated	6 wooden spoons
4 teaspoons salt	2 small bowls
1/2 teaspoon poultry seasoning	2 fry pans
1-1/2 teaspoons chili powder	4 heavy pots or saucepans with covers
1/3 cup chopped onion	2 double boilers
1/2 cup chopped green pepper	2 5 x 9-inch loaf pans
1 No. 2 can tomatoes	1 sharp knife
1 gallon 1-1/4 quarts water	1 9-inch square baking pan (or 2-quart casserole)
	range or hot plate
	oven

### Suggested Procedure

1. Make opening statement on value and use of cornmeal in family meals.
2. Prepare tamale pie using cornmeal cooked in advance. Place in oven to bake.
3. Cook cornmeal mush to show method of preparation.
4. Prepare scrapple to show method of combining.
5. Fry mush and scrapple you prepared in advance.
6. Discuss other uses of cornmeal, asking audience for suggestions.
7. Using the Family Food Guide (page 1), plan some low-cost meals. Include the cornmeal dishes prepared above and locally plentiful foods.
8. Figure the costs of these meals on blackboard or list on poster.
9. Serve samples of the foods prepared.
10. Give group the recipes to take home.



## CORNMEAL MUSH

1 cup cornmeal  
1 cup cold water

1 teaspoon salt  
4 cups boiling water

Mix together cornmeal, cold water and salt. Pour boiling water into top of double boiler and gradually stir in the cornmeal mixture. Cook the mush over direct heat 2 or 3 minutes, stirring constantly. Place over hot water and cook 15 minutes longer, stirring occasionally. Makes 6 servings.

### Variation:

Stir 1/2 pound grated cheese into cooked mush. Pour into wet dish or pan. Refrigerate overnight. Slice and fry until golden brown. Serve with jelly. Top cornmeal mush with cheese and tomato sauce or meat and gravy.

## SCRAPPLE (Using Canned Chopped Meat)

4 cups water  
1-1/3 cups cornmeal  
1/4 teaspoon salt  
1/4 teaspoon poultry seasoning

2 cups (finely chopped)  
canned chopped meat  
2 tablespoons flour  
2 tablespoons lard

Heat half the water in a heavy pot or saucepan. Mix cornmeal, salt and poultry seasoning together. Stir in the remaining cold water. Slowly stir the cornmeal mixture into the hot water. Cook, stirring until the mixture thickens. Cover and cook slowly, stirring occasionally, 30 minutes. Stir in the meat. Rinse a 5 x 9-inch loaf pan with cold water and pour mixture into pan. Cool quickly and refrigerate. When firm cut in 1/2-inch slices; coat slices with flour. Fry in lard until brown on one side, turn and brown on other side. Makes 18 slices, about 6 servings.

## TAMALE PIE (Using Canned Chopped Meat)

1 cup cornmeal  
1-1/2 teaspoons salt  
3 cups water  
1/3 cup chopped onion  
1/2 cup chopped green pepper

2 tablespoons lard  
2 cups (finely chopped)  
canned chopped meat  
1-1/2 cups canned tomatoes  
1-1/2 teaspoons chili powder

Mix cornmeal, salt and half the water. Heat remaining water to boiling in heavy pot. Slowly stir the cornmeal mixture into the boiling water. Cook, stirring until mixture thickens. Cover and cook slowly 30 minutes. Stir occasionally. Cook onion and green pepper in lard until tender. Add meat, tomatoes and chili powder and heat thoroughly. Grease a 9-inch square baking pan or a 2-quart casserole. Line the bottom with a thin layer of cooked cornmeal. Add the meat mixture and spoon remaining cornmeal mixture on top. Bake at 400°F. (hot oven) 45 minutes. Makes 6 servings, approximately 1 cup each.

## DEMONSTRATION ON DRY BEANS

Dry beans supply protein, food energy, iron and the B-vitamins, especially thiamine. Main dishes made with beans are hearty and satisfying. Flavor and nutritive value are improved by the addition of meat and vegetables.

Foods to be prepared: Baked beans, Bean chowder, Hot bean salad.

Work to be done ahead of time: See page 7, "Organizing the Work"; cook beans for three dishes mentioned above.

### List of Supplies Needed

<u>Food</u>	<u>Equipment</u>
4-1/4 cups (2 lbs.) dry beans, USDA-donated	1 set dry measure cups
1/3 cup nonfat dry milk, USDA-donated	1 liquid measure cup
1-1/2 teaspoons flour, USDA-donated	1 set measuring spoons
1 tablespoon butter, USDA-donated	1 6-quart pot with cover
1/4 lb. salt pork	1 cutting board
1/4 cup molasses	1 sharp knife
1 teaspoon mustard	1 bean pot or 2-quart casserole
3/4 cup diced potatoes	1 2-quart pan with cover
2 small onions, chopped	1 large fry pan
3/4 cup cooked or canned tomatoes	2 wooden spoons
1/3 cup shredded green pepper	range or hot plate
1/4 cup vinegar	oven
2 strips bacon	
salt	
pepper	
1 gallon water	

### Suggested Procedure

1. Make opening statement about dry beans and their value in the diet. Explain the cooking you have done in advance.
2. Prepare baked beans and place in oven so that dish will be ready by end of demonstration period.
3. Prepare chowder and place on stove to cook.
4. Prepare hot bean salad.
5. Discuss other uses of beans, asking audience for suggestions.
6. Using the Family Food Guide (page 1), plan some low-cost meals. Include the bean dishes prepared above and locally plentiful foods.
7. Figure the costs of these meals on blackboard or list on a poster.
8. Serve samples of the foods prepared.
9. Give group the recipes to take home.



## BOILED BEANS

### To soak dry beans:

Use 2-1/2 to 3 cups of water for each cup of beans, boil 2 minutes. Remove from heat, cover and soak one hour, or overnight, in a cool place. The boiling water softens the skins and helps prevent fermentation.

### To cook dry beans:

Boil beans gently in soaking water for best flavor and highest nutritive value. Rapid boiling and frequent stirring cause bean skins to break.

## BEAN CHOWDER

3/4 cup dry pea beans  
3 cups water  
1-1/2 teaspoon salt  
3/4 cup diced potato  
1 small onion, chopped  
1-1/2 teaspoons flour

1 tablespoon butter or margarine  
3/4 cup cooked or canned tomatoes  
1-1/2 cups milk (or 1/3 cup nonfat  
dry milk mixed with 1-1/2 cups  
water)  
1/3 cup shredded green pepper,  
if desired

Wash and sort beans. Add the water, boil 2 minutes, then remove from heat, cover and let soak 1 hour. Add salt, cover and cook until almost done, about 1 hour. If beans are long-cooking type you may need to add more water from time to time. Add potato and onion; cook 30 minutes. Add flour and cook 10 minutes longer, stirring constantly. Stir in milk and reheat quickly. Makes 6 servings, approximately 3/4 cup each.

## BOSTON BAKED BEANS

2 cups dry pea beans  
1-1/2 quarts water  
1 teaspoon salt

1/4 pound salt pork  
1/4 cup molasses  
1/2 teaspoon mustard

Wash and sort beans. Add water, boil 2 minutes, remove from heat, cover and let soak 1 hour. Add salt, cover and boil gently 45 minutes. Cut salt pork into pieces about 1/2-inch thick. Add salt pork to beans and cook 30 minutes longer or until beans are tender. Mix molasses and mustard and stir into beans. Put beans in a bean pot or a 2-quart baking dish and arrange pork on top. Bake at 350° F. (moderate oven) 1 hour or until beans are done and lightly browned on top. Makes 6 servings, approximately 3/4 cup each.

## HOT BEAN SALAD

2 strips bacon, chopped (or  
3 tablespoons diced salt pork)  
1/3 cup chopped onion  
3 cups cooked dry beans

1/2 teaspoon mustard  
1/4 cup vinegar  
1/4 cup water  
Salt and pepper

Brown bacon or salt pork in a large fry pan, add onions and cook until lightly browned. Add beans, mustard, vinegar and water. Simmer, stirring gently from time to time, until the beans have absorbed the liquid. Season to taste, and serve hot. Makes 4 servings.



N-40171--Baked beans! Who can resist them? Bean patties and bean chowder offer good eating too.

## BEAN PATTIES

2 cups cooked beans, drained  
2 tablespoons finely chopped onion  
2 to 3 tablespoons fine bread crumbs

2 tablespoons lard or bacon  
drippings

Mash beans and mix with onion. Shape into 6 patties, allowing about 1/3 cup mixture per patty. Coat patties with crumbs and brown on both sides in lard or bacon drippings. Makes 6 servings.



## DEMONSTRATION ON CANNED CHOPPED MEAT

The canned chopped meat available through the U. S. Department of Agriculture's Food Distribution program is a fully cooked product made from pork and beef, ready to eat as it comes from the can. It may be sliced and heated or served cold. This protein-rich food is an excellent source of thiamine. The meat may be used in combination with other foods for a variety of delicious main dishes. It can serve as the basis for hearty, satisfying meals high in nutritive value. Each can contains approximately 30 ounces of meat.

Foods to be prepared: Meat and egg pie, Meat roll with vegetable sauce, Sliced meat with sweetpotato topping.

Work to be done in advance: See page 7, "Organizing the Work"; prepare pastry shell.

### List of Supplies Needed

<u>Food</u>	<u>Equipment</u>
2-3/4 cups (11 oz.) flour, USDA-donated	1 set dry measure cups
1/2 cup (1/4 lb.) lard, USDA-donated	1 liquid measure cup
3 tablespoons butter, USDA-donated	1 set measuring spoons
3/4 cup nonfat dry milk, USDA-donated	5 mixing bowls
1-1/2 cans chopped meat, USDA-donated	2 knives or pastry blender
1/2 cup (1-1/2 oz.) dried egg, USDA-donated	1 pastry board
1-1/2 teaspoons salt	1 rolling pin
3 eggs	1 sharp knife
1 cup grated cheese	1 baking pan or sheet
1/8 teaspoon pepper	1 9-inch pie pan
2 cups mashed sweetpotatoes	3 wooden spoons
1/4 cup raisins	1 large fry pan with cover
2 tablespoons brown sugar	1 large pot with cover
3 tablespoons chopped onion	range or hot plate
2 teaspoons baking powder	oven
1/2 cup drained canned or freshly cooked peas	

### Suggested Procedure

1. Make opening statement on value of meat in diet.
2. Put sweetpotatoes on to cook.
3. Prepare filling for meat and egg pie and place it in oven to bake.
4. Make meat roll and put aside to bake when pie comes out of the oven.  
Make vegetable sauce.
5. Prepare sliced meat with sweetpotato topping.
6. Discuss other uses of canned chopped meat and ask audience for suggestions.
7. Using the Family Food Guide (page 1), plan some low-cost meals.  
Include dishes prepared above and locally plentiful foods.
8. Figure the costs of these meals on the blackboard or list on a poster.
9. Serve samples of the foods prepared.
10. Give group the recipes to take home.



N-39886--Canned chopped meat -- rolled up in biscuit dough, sliced and baked -- makes a novel main dish.

#### MEAT ROLL WITH VEGETABLE SAUCE

1 cup (finely chopped) canned chopped meat	3/4 teaspoon salt
1 tablespoon chopped onion	2 tablespoons nonfat dry milk
1-1/2 cups flour	1/4 cup lard
2 teaspoons baking powder	1/2 cup water

Mix chopped meat with onion. Stir flour, baking powder, salt and dry milk together. Cut fat into dry ingredients. Add water to make a soft dough that can be rolled. Turn dough onto a lightly floured surface and knead a few strokes. Roll dough into a 6 x 10-inch rectangle, about 1/2-inch thick. Spread meat mixture evenly on dough. Roll like a jelly roll and cut into 6 slices. Place slices, cut side up, in a greased baking pan or on a greased baking sheet and bake at 450°F. (hot oven) 20 minutes. Serve hot with vegetable sauce. Makes 6 servings.

#### VEGETABLE SAUCE

2 tablespoons chopped onion	1 cup milk (or 1/4 cup nonfat dry milk mixed with vegetable liquid and water to make 1 cup)
2 tablespoons butter or margarine	1/2 cup drained canned or freshly cooked peas
2 tablespoons flour	

Cook onion slowly in butter or margarine until slightly transparent. Stir in flour, add milk gradually and cook, stirring constantly. Cook until thickened, about 5 minutes. Add drained peas. Makes approximately 1-1/3 cups sauce or 6 servings, approximately 3 tablespoons each.



## CREAMED MEAT AND CABBAGE

8 cups coarsely shredded cabbage  
1 cup boiling water  
1/4 cup butter or margarine  
1/4 cup flour  
2 cups milk (or 1/2 cup nonfat dry  
milk with 2 cups water)

2 cups diced canned chopped  
meat  
1 tablespoon butter or  
margarine  
1/4 cup fine bread crumbs

Add cabbage to boiling water, bring to boil, cover and cook only until tender. Drain. Melt 1/4 cup butter or margarine and blend in the flour. Add the milk and cook, stirring constantly, until thickened. Add cabbage and meat to sauce and cook slowly until heated through. Melt tablespoon of butter or margarine, add the bread crumbs and heat until crumbs are lightly browned. Serve meat and cabbage topped with the crumbs. Makes 6 servings, approximately 3/4 cup each.



N-39876--Sliced canned chopped meat with sweet potato topping is a hearty dish that's easy to make.

## SLICED MEAT WITH SWEETPOTATO TOPPING

6 slices canned chopped meat,  
1/2-inch thick  
2 cups hot mashed sweetpotatoes

1 tablespoon butter or  
margarine  
1/4 cup raisins  
2 tablespoons brown sugar

Combine hot sweetpotatoes, butter or margarine, and raisins. Top each slice of meat with 1/3 cup sweetpotato mixture. Sprinkle 1teaspoon brown sugar over each. Place slices in frying pan, cover and cook slowly, 8 to 10 minutes or until meat is browned on bottom surface. Makes 6 servings.

Variation: Mashed squash or mashed white potatoes may be used in place of mashed sweetpotatoes. If white potatoes are used, omit raisins and sugar and add one beaten egg.

## CANNED CHOPPED MEAT AND EGG PIE

### Pastry

1 cup flour  
3/4 teaspoon salt

1/4 cup lard  
3 to 4 tablespoons water

Mix flour and salt. Cut in lard until mixture is granular. Sprinkle water over mixture a little at a time, blending lightly with fork. Add just enough water so that the dough clings together but is not wet. Roll pastry thin and line a 9-inch pie pan, allowing about 1/2 inch to extend over edge. Double over the pastry edge and pinch with fingers to make an upright rim.

### Filling

3 eggs, beaten  
(or 1/2 cup sifted dried whole  
egg mixed with 1/2 cup water)  
3/4 cup milk (or 3 tablespoons nonfat  
dry milk and 3/4 cup water)

2 cups (finely diced)  
canned chopped meat  
1 cup grated cheese  
1/8 teaspoon pepper

Combine egg, milk, meat, cheese and pepper. Pour meat mixture into pastry shell. Bake at 425°F. (hot oven) 30 minutes. Serve hot. Makes 6 servings.



N-39894--Make a meal of meat and egg pie, slaw, radishes, bread and butter, milk, rice pudding.

### ADDITIONAL SUGGESTIONS FOR USING CANNED CHOPPED MEAT

Spaghetti sauce  
Pizza topping  
Hash  
Fried meat slices and apples  
Bar-B-Q meat  
Creamed meat on cornbread,  
rice or noodles

Chili con carne  
Shepherd's pie  
Sandwich fillings  
Cabbage rolls  
Scalloped potatoes, sliced  
meat, and onions